

## HERE'S A CHANCE FOR MOTHER TO GO ALL DAY SUNDAY WITHOUT STANDING OVER STOVE

By Mrs. Emily Riesenbergh.

Three meals a day without a fire is inviting to the housewife and it is easy, unless you insist upon hot drinks. If you do, try powdered coffee, easily soluble cocoa or make tea; none of which require cooking and it takes but a few minutes to boil water or milk.

To lighten the work in hot weather, use some canned or packed goods, or patronize a delicatessen shop for cold meats, etc. Delicious food can be made at home and if paper napkins, dishes and table cloths are used, the "redding up" and dish-washing is reduced to the minimum.

As substantials, cold meats, salads, compotes and cereals and bread and butter offer something for each meal while simple desserts, fruits, wafers or cookies and the drink desired, will complete your menus without using the frying pan or oven.

### Potato Salad.

(Boil potatoes in skin day before.)

Ingredients—Ten medium sized potatoes, one small green pepper, one small onion, three sweet pickles, one tablespoonful of crisp chopped parsley, seasoning and dressing as needed.

Method—Remove skins and slice potatoes thin; seed pepper and skin onion, then mince both finely; cut pickles into small slices and place all in a bowl. Add a little salt and pepper, then make the sour cream dressing and add as directed; if not salty enough add a little more to taste.

### Cold Meat in Aspic.

(Prepare the day before.)

Ingredients—Two cupfuls of cold ground meat, one small onion, one green pepper, one cupful of meat stock, one cupful of strained tomato juice, four tablespoonfuls of gelatine, salt and pepper to taste.

Method—Soak the gelatine in the cold tomato juice until dissolved, heat the stock (if none is on hand use

a beef cube and cup of boiling water), add stock to gelatine and stir until clear; use cold chicken, veal or lean boiled beef. Grind the seeded pepper and onion with the meat and season to taste; place the meat in a mould that has been dipped in cold water, pour on the liquid and set in cold place to harden. A little vinegar can be added to the stock, or some cloves can be added, making it "spiced beef in aspic."

When ready to serve, unmould and cut into slices, place overlapping on a platter and surround with sliced tomatoes with a very little salt, pepper and then place a teaspoonful of horseradish on each slice.

### Sour Cream Dressing.

Ingredients—One-half a teaspoonful mustard, one teaspoonful of sugar, one-quarter teaspoonful of salt, one teaspoonful of chopped chives (optional), yolk of one egg, three tablespoonfuls of vinegar, one-half cupful of slightly soured thick cream.

Method—Beat yolk until creamy, add dry ingredients and rub smooth, add vinegar gradually, then toss over the salad material; toss up with two forks, pour the cream over all and toss again. Serve at once.

### Cucumber Salad.

Method—Pare and slice crisp green cucumbers, set in cold place, but do not salt, as wilted cucumbers are not nice. When ready to serve add a little thin sliced onion or some minced chives, salt very lightly and dress with sour cream dressing.

### Spiced Currants.

Ingredients—Three cupfuls of stemmed currants, one tablespoonful of vinegar, two and one-half cupfuls of sugar, one teaspoonful of ground cloves, two teaspoonfuls of cinnamon.

Method—Add vinegar to currants and simmer ten minutes; add half of the sugar and cook ten minutes